

## CLAIMS

1. An ambulatory physiological monitor 10, comprising:
  - at least one sensor for detecting at least one physiological parameter of a patient;
  - a housing 42 adapted to be secured to the patient;
  - a circuit 50 located in said housing for receiving and processing a signal representative of the physiological parameter from the at least one sensor to generate recordable physiological data and for determining if said data exceeds a pre-established alarm limit;
  - an event indicator 12 coupled to said housing for notifying the patient when the alarm limit has been exceeded;
  - a wireless transmitter 28 operationally coupled to the circuit and located in said housing for transmitting an emergency notification when the alarm limit has been exceeded; and
  - a patient-operable actuator 22 coupled to said housing for preventing transmission of the emergency notification by the wireless transmitter upon activation by the patient within a predetermined time after the alarm limit has been exceeded.
2. The monitor of claim 1 wherein said event indicator 12 is an audio transducer.
3. The monitor of claim 1 wherein said event indicator 12 is a mechanical transducer.
4. The monitor of claim 2 wherein said event indicator 12 generates a physical stimulus that increases in intensity over a predetermined period of time after the alarm limit has been exceeded.
5. The monitor of claim 4 wherein said patient-operable actuator 22 is a button.

6. The monitor of claim 4 wherein said patient-operable actuator 22 is pressure activated.

7. A method of transmitting an emergency notification from an ambulatory monitor upon detection of a physiological parameter of a patient that deviates by a pre-established amount from an acceptable value, said method comprising the steps of:

detecting at least one physiological parameter of the patient;  
receiving and processing a signal representative of the physiological parameter to generate recordable physiological data;  
determining if said data exceeds a pre-established alarm limit;  
notifying the patient when the alarm limit has been exceeded; and  
transmitting an emergency notification after the alarm limit has been exceeded for a predetermined period of time unless canceled by the patient within said predetermined period of time.

8. The method of claim 7 wherein the transmitting step is performed with a patient-operable actuator 22 located on the monitor.

9. The method of claim 8 wherein the notification step is performed by an event indicator 12 located on the monitor.

10. The method of claim 9 wherein said event indicator 12 is an audio transducer.

11. The method of claim 8 wherein said event indicator 12 is a mechanical transducer.

12. The method of claim 8 wherein said event indicator 12 is an audio transducer.

13. The method of claim 8 wherein said event indicator 12 generates a physical stimulus that increases in intensity over a predetermined period of time after the alarm limit has been exceeded.
14. The method of claim 7 wherein said patient-operable actuator 22 is a button.